



Minnesota Board of Marriage and Family Therapy



Breakdown of Supervision Hours

- Accumulation of 4000 professional hours in not less than two years from awarding of requisite graduate degree.
- These 4000 professional hours must include 1000 hours of face-to-face therapy and at least 500 of these hours must be with couples or family groups (as defined in Minn. Rules 5300.0150, Subp.3.) These 1000 hours of face-to-face therapy shall include experience in the assessment, diagnosis, and treatment of mental illness.
- Psychoeducation and skills-building activities will be considered as face-to-face therapy when these therapeutic activities are provided within an existing therapeutic relationship providing family therapy as defined in Minn. Stat. 148B.29, Subd.3.
- All 200 hours of supervision must be related to the 1000 hours and at least half of these hours must be individual supervision. The supervisor for this work must be MN MFT Board-approved, and you must insure that he/she is listed on the MFT Board's website.
- The other 2800 hours should include everything else you do of a professional nature, such as session preparation, case notes, staff meetings, continuing education, etc. This work may be supervised by any Minnesota mental health professional.